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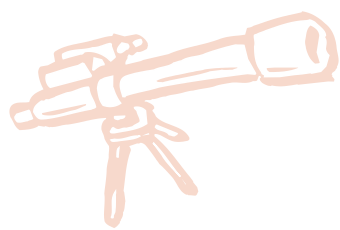
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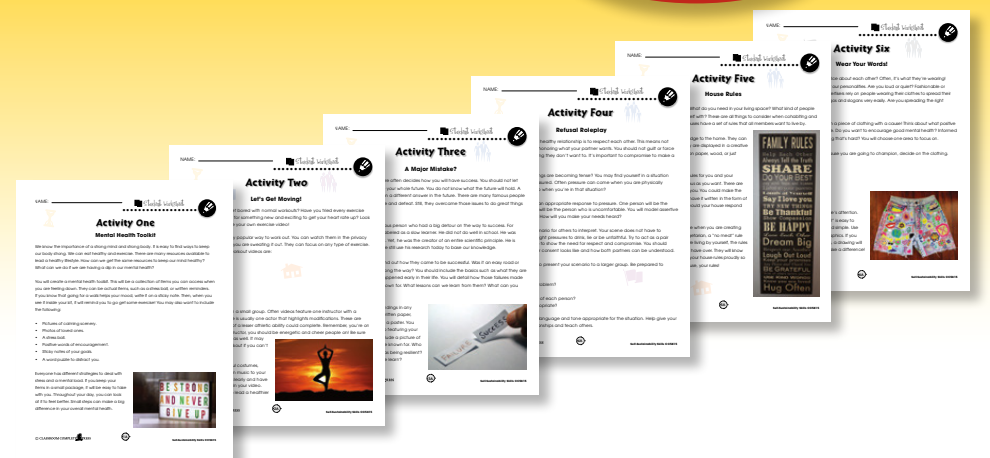
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## Mental & Physical Health

1. Ava has been feeling sad lately. She has difficulty finding ambition and has a hard time getting out of bed. She is embarrassed to tell her friends. Ava decides to tell her parents she feels down. Is this a good idea? Why or why not?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

2. Ryan feels nervous about leaving the house. He starts canceling his work shifts. He doesn't pick up the phone when his friends call. His mom suggests that he see a therapist. What should Ryan do?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

3. Finish the paragraph below with words from the list.

**discouraged**                      **trigger**                      **situation**  
**suffering**                        **overwhelmed**                      **impact**

I have a difficult \_\_\_\_\_ a. I am feeling \_\_\_\_\_ b. at work. My coworker is driving me nuts! She doesn't realize the \_\_\_\_\_ c. she is having on my day! I can't stand when she eats my lunch. It is the \_\_\_\_\_ d. for me to have a rotten day. To make it worse, she doesn't realize I'm \_\_\_\_\_ e. She is a rude, unlikeable person. I am \_\_\_\_\_ f. every time I have a shift with her.



## Mental & Physical Health

Our moods change every day. We can experience a whole range of emotions in a day. There may be periods of sadness, joy or frustration. Big life events can **trigger** those feelings. Most of the time, a bad mood won't last. Even if you are in a funk for a few days, you usually will start to feel like your old self.

What happens if you don't go back to feeling normal? It is important to monitor how you feel most days. Your overall moods and attitudes are your *mental health*. You can do a few things to improve your mental health. Think of it as another part of your body that needs a checkup!

**Signs You May Want to Have a Mental Health Check In:**

- You don't like doing things you usually did.
- You argue with your friends and family more often.
- You feel "on edge" or stressed a lot of the time.
- You don't want to start the day or leave your house.
- You have difficulty finding something positive in a **situation**.

If you are experiencing any of these signs, it may be time to think. You can try a few home **remedies**, such as talking to your **loved ones** or going for a walk. Writing down your feelings can sometimes help as well. Don't wait too long for a mental health issue to go away by itself. If you feel **overwhelmed**, seek help. A teacher, parent or friend can help you find a professional. A therapist will let you talk over your feelings and help you plan next steps. Don't be afraid to seek extra **counseling**. Mental health is very important.

Cameron's dog recently passed away. Soon after its death, he lost his job. Lately, he's been having a hard time getting motivated to leave his house. Cameron spends a lot of time alone, watching tv in the dark. He has a roommate whom he rarely sees. List at least three places where Cameron can seek help.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_



## Mental & Physical Health

1. Complete the paragraph based on what you've learned from the reading.

Mental \_\_\_\_\_ a. is how we feel most days. It includes our attitudes and \_\_\_\_\_ b. It is important to check in on our mental health. Something may be wrong if: we \_\_\_\_\_ c. like doing things we used to, get \_\_\_\_\_ d. with our loved ones, or feel very \_\_\_\_\_ e. a lot of the time. We can \_\_\_\_\_ f. to our family and friends. We can get some \_\_\_\_\_ g. to make us feel better by working out. If you can't change your moods, seek \_\_\_\_\_ h.

2. Are the following examples of benefits of exercise? Answer "True" or "False".

- |                                       |      |       |
|---------------------------------------|------|-------|
| a) Increases blood flow to the brain. | TRUE | FALSE |
| b) Makes running shoes look better.   | TRUE | FALSE |
| c) Improved memory.                   | TRUE | FALSE |
| d) Can lift your spirits.             | TRUE | FALSE |
| e) Improved overall health.           | TRUE | FALSE |
| f) Helps video game skills.           | TRUE | FALSE |



## Mental & Physical Health

3. Precious broke her foot during a basketball game. She hasn't been able to work because of it. She has been home for over a week. In that time, she has watched a lot of tv. She has eaten a ton of junk food. At first it was fun, but now she feels sad and bored. What activities could she do during her day to make herself feel better? How can she fit in some exercise with her injury?



\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Graphic Organizer**

4. Use the graphic organizer on page 12 to help track your mental health.

We all know that mental health is very important. It can affect all areas of our lives. Taking care of our mental health is one of the most important things we can do. Being aware of our feelings can help us identify triggers and prevent things from getting worse. Good mental health is important! One way to increase your awareness of your feelings is to track it. When you track your mood, you can see what the overall trend is. Are you mainly happy? Anxious? Sometimes seeing an overall picture of your moods can provide some insight.

On the 30-day grid, a color has been assigned for each mood. Fill in each square with the appropriate color. You may want to add a quick note about your day in each box. For example, if you are feeling anxious on the second day, you might note there was a test. Over time, you may see what causes you to feel uneasy. The more you know, the more you can prepare! Remember, every day brings new challenges. Know yourself better by tracking your mental health.

## Make Your Survival Kit

One of the key messages of survival is to be prepared. How can you be prepared for something that hasn't happened yet? Think of what is most likely to happen. For example, when you are in a boat, you would bring lifejackets and a whistle. These things could be used in case of a boating emergency. What emergencies could you encounter in your daily life? Think of where you live. What disaster might you need to endure? Do you and your household have a plan? Where will you go for safety?

First, you are going to construct a survival kit. Decide what each person in your household may need. There are many government websites with basic guidelines on what to include. However, think of some of the unique needs you may have in your house. These could include:

- Infant food and supplies.
- Medication for certain conditions.
- Pet food or medication.
- Important documents (work visas, passports).

Once you have all your items, decide on a container. It should be easy to carry, like a backpack. You may want to put certain things in waterproof packing. Things like medication should stay in the original packaging so you know when it expires. Don't make your pack too heavy. Drinking water is great, but it is hard to carry gallons of it. You may want to make a pack for each member in your house. Avoid using a lot of items that will expire quickly.

Next, make a plan for your house. Where will you go if you need to evacuate? It should be somewhere that has lots of resources nearby. Think about getting essentials, like water. Do you have a cottage out of town? Maybe that's where everyone will head if they're in danger. Where are the local water refill stations? Make a list of important places in your community. Write down at least three locations your family can easily get to. Think of relatives who may live close by who would offer shelter, or vacation homes. You can assign jobs to each member of the household. Be sure everyone has a copy of the plan.

By having a survival kit, and knowing when and where to get out, you will have a better chance of survival. Even if you must leave home for a few days, it's best to be prepared. Stay alert, and stay calm in case you find yourself in an emergency.

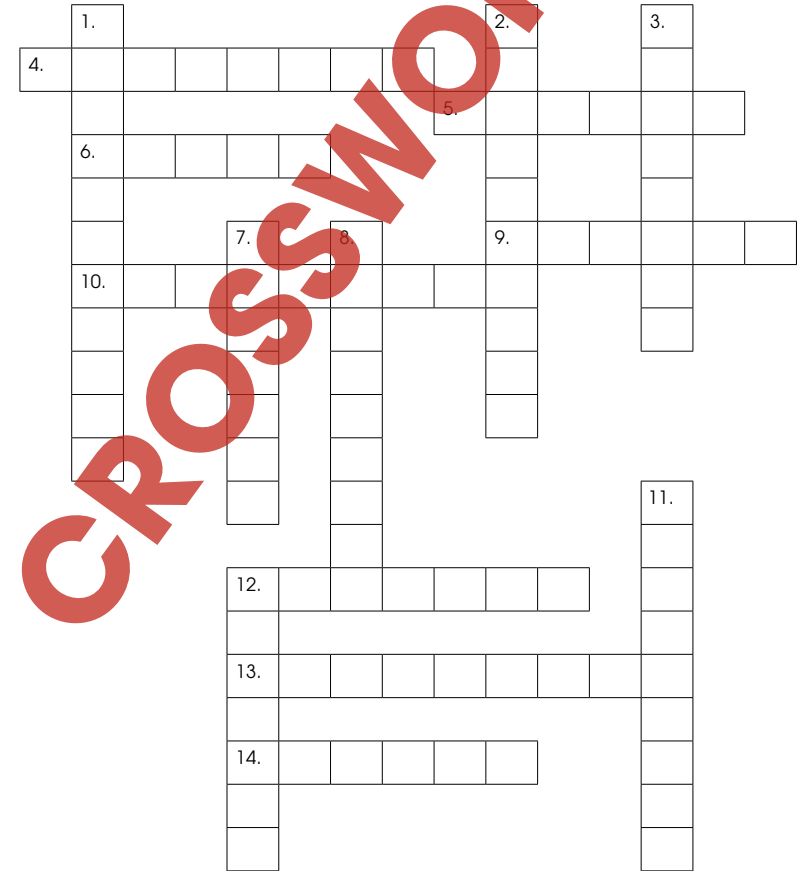
## Crossword Puzzle!

### Across

4. Worrying over a future event.
5. Not innocent. Shameful.
6. To change position.
9. To interact with. Starting.
10. To judge the value of something.
12. Agreeing with an act.
13. Paying close attention to.
14. The effect on someone or something.

### Down

1. The feeling of annoyance, irritation or anxiety.
2. Getting help from a professional.
3. A very close relationship.
7. The cause of an event, the starting incident.
8. A problem or place where an issue could happen.
11. Grief or misery.
12. To make something clear.



### Word List

- appraisal
- attentive
- clarify
- consent
- counseling
- dreading
- engage
- frustration
- guilty
- impact
- intimate
- shift
- situation
- suffering
- trigger

## Comprehension Quiz

### Part A

Circle **TRUE** if the statement is TRUE or **FALSE** if it is FALSE.

- TRUE FALSE** a) A counselor can help you with difficult feelings
- TRUE FALSE** b) Avoiding eye contact is a part of active listening.
- TRUE FALSE** c) Compromise is very important to a relationship.
- TRUE FALSE** d) Children should pay part of the household bills.
- TRUE FALSE** e) If at first you don't succeed, give up.

### Part B

List three instances where a person could NOT give consent to a sexual activity.

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## Steps to CPR

1

CALL EMERGENCY NUMBER



Call 911 or ask someone to help.

CHECK VITAL SIGNS

2



Lay the person on their back and open their airways.

3

CHECK BREATHING



If they are not breathing, start CPR.

PERFORM CPR

4



30 chest compressions.

5

GIVE RESCUE BREATHS



Two rescue breaths.

REPEAT

6



Repeat until an ambulance arrives.



# Mental & Physical Health

## 1. Complete the paragraph based on what you've learned from the reading.

Mental \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_  
 if: we \_\_\_\_\_ like doing things we used to, get \_\_\_\_\_ with our loved  
 ones, or feel very \_\_\_\_\_ a lot of the time. We can \_\_\_\_\_ to our family  
 and friends. We can get some \_\_\_\_\_ to make us feel better by working out. If you  
 can't change your moods, seek \_\_\_\_\_.

1.

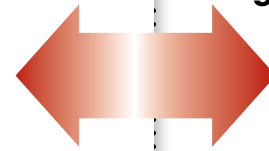
- a) health
- b) moods
- c) don't
- d) angry
- e) sad
- f) talk
- g) exercise
- h) help

## 2. Are the following examples of benefits of exercise? Answer "True" or "False".

- |                                       |      |       |
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2.

- a) TRUE
- b) FALSE
- c) TRUE
- d) TRUE
- e) TRUE
- f) FALSE



# EASY MARKING ANSWER KEY





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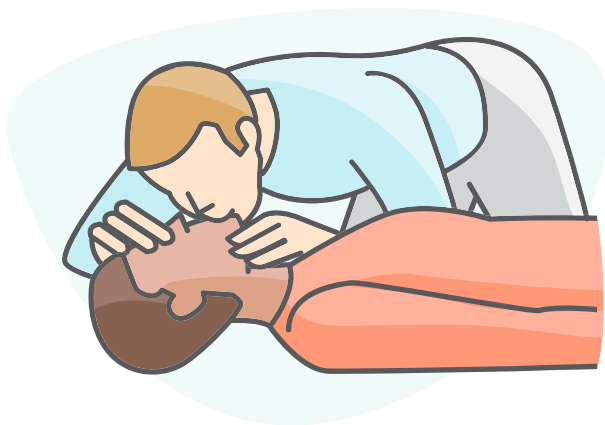
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